IN FASHION NOW

Clothes for the "lady in waiting" is being given more attention by designers today than ever before. This is due to the trend in America to larger families. The modern woman will not put up with several months of wearing unbecoming, ugly clothes.

Maternity dresses are being fashioned with all the care and thought that goes into creating any ball gown. The results are wonderful. Designers have learned that any trick to draw attention to the face of the mother-to-be is a great help. Flattering necklines and unusual sleeves are the order of the day.

Rich and eye-catching fabric is also employed. Skirts are made to hang as they should and at the same time are comfortable.

Maternity clothes for all occasions are offered. Play clothes are no exception. The maternity bathing suit is a wonder and enables one to enjoy swimming for several months longer than ever dreamed possible. Shorts, slacks, sunback dresses and sweaters are all designed for this special "occasion."

Because of the short time maternity clothes are worn, they are available at moderate prices, considering the extra amount of material necessary and the extra amount of cutting detail necessary. This is indeed a wonder of our age.

Foundation garments and bras that give gentle support are the order of the day. Almost all of the large foundation companies have their own line of maternity garments. It is wise to consult your doctor before buying a maternity garment. Even then it should be fitted by someone trained in this line.

Cook Books AND CHECK BOOKS

A cook book helps the thrifty housewife to transform odds and ends of food into tasty dishes. A check book, through the record it provides, helps in the financial management of the family's funds.

Yes, in most homes, the check book is just as important as the cook book—or more so. You are invited to carry your Checking Account at this bank.

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Garden Talk

By

Appomattox Garden Club

Let's talk of fall fertilization of deep-rooted plants. All of us who are gardeners have the welfare of our plants at heart, but for one reason or another we fail to feed them the proper amount, or at the proper time. This is not because of carelessness entirely, or of premeditated neglect. It is failure to check our timetables, in the flurry of late fall and early winter activities.

It is more important to feed roses, shrubs, trees, large perennials like peonies and poppies, and all of the spring flowering bulbs in the fall than in the spring.

The fertilizer should be applied after cool weather sets in—except on very sandy soil—and there will be no loss of plant food from excessive leaching.

After the soil temperature has fallen below 50 degrees, plant foods move very slowly downward in medium to heavy soils. So then plant nutrients will be where they're needed, near the roots, by the time the growth cycle starts again in the spring.

The dates to apply fertilizer depend, of course, on the climate and location. In northern areas it can be applied in October; farther south as late as November and early December. A suitable thermometer will give the soil temperature, but you can guess accurately enough without one. When frost has become a regular occurance, and the ground is honey-combed each morning with hoar frost, you can be sure it's safe to start the plant-feeding program.

A standard complete plant food, as 5-10-5, or 5-10-10, is suitable for use on practically all plants in the fall, though special fertilizers can be used if preferred. In any case, follow the application rates and other instructions printed on the package.

LUCKY MAN

Beckley, W. Va.- Bill Robinson's car collided with a passenger train at Montcalm. He was hurled through his windshield, into a narrow opening between two bridges and down a 15-foot embankment into the creek below. He waded out—with only a scratched finger.

Hixburg

Hixburg, Dec. 3.- Major W. M. Erwin, Jr., formerly of Scott Air Force Base, Illinois, spent Sunday in the home of Mr. W. D. Hix, Jr. Sunday night, Major Erwin left for New York, where he will emplane for Wilsbaden, Germany, the headquarters of U. S. Air Force in Europe. He is supposed to have a three year tour in this station.

On Saturday evening, Mrs. Robert Harris sponsored a Brett Watson piano recital in the Pampilin school auditorium. Also, featured were Miss Rosalie Fore, soprano soloist, of Longwood College, and Miss Becky Crouch, trumpeter, of Randolph-Henry High School. There was an appreciative audience.

Miss Fore has been recently chosen to sing in the College Choir for the 1956-57 season.

Miss Josephine Swan, of Bluefield, W. Va., is visiting Mrs. E. A. Covington.

Mr. Witt Goin is again in the Woodrow Wilson Rehabilitation Center Hospital, in Fishersville, for treatment.

Mr. and Mrs. Watkins McPhillips, of Richmond, announce the birth of a son, Michael Watkins, on Nov. 26, at St. Luke's Hospital in Richmond. Mrs. Ed McPhillips is spending some time in the home of Watkins McPhillips.

Mr. N. S. Topping, who was for several years the popular Bible Class teacher at the former Matthews Baptist Church, will be 90 years old on Dec. 4. Mr. Topping now lives in the home of his niece, Mrs. Ernest Rogers in Appomattox. His host of friends send him cordial greetings, and wishes for many more years of health and happiness.

SOME WAY TO DO IT

Bluefield, W. Va.- A dental patient insisted that a local dentist melt down her gold wedding band to use to fill her teeth. When the dentist assured there was a better and cheaper way she told him that she had promised her first husband that she would always wear his ring. Since she was getting married again, and her second husband had insisted that she wear only his ring, she wanted the dentist to use the first gold ring as filling for her teeth. In that way, she could keep her promises to both.

Bonn plans to have five divisions in field by end of 1957.

VIRGINA EXPERIENCING HEAVY DEER KILL

Fragmentary reports coming in to the offices of the Commission of Game and Inland Fisheries regarding the deer kill west of the Blue Ridge Mountains, for the week of November 19-24, indicates that the kill has been the heaviest in the history of the state.

According to Stuart P. Davey, Commission game technician, these reports indicate so far that in excess of 10,000 deer have been killed. Unofficial reports indicate approximately 2,000 killed in Grayson County, and approximately 400 in Bath County.

No estimates can be made of the Blue Ridge kill, he says, because the entire area will not close until Dec. 5, 1957. However, it is felt that if good hunting conditions exist for the remainder of the season, Virginia will experience the heaviest kill ever recorded.

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DO Advisory Comm. Meets

first meeting of the Advisory Committee of the Distributive Education and Diversified Occupations program was held at the high school on Monday evening. The Rev. Lee H. Smith opened the program with prayer.

Kenneth Christopher explained the purposes of the advisory committee as a means of providing liaison between the school and community through which their training is planned and coordinated. The committee will not be an advisory but was organized for purposes of counseling with and advising the school and the coordinator on topics relative to the DE program.

The purpose and aims of the two work-training programs were discussed by Mrs. Joan K. Smith and Mr. Kenneth Christopher. This was followed by a group discussion led by Mrs. Smith.

Those persons present asked questions relating to the program insofar as student selection was concerned. The committee was also interested in knowing how the school knew if a student was interested and had ability for a specific job. The question was also raised as to whether there was sufficient community interest to justify the programs and the committee members felt there was a need and that interest could be aroused through greater understanding of DE and DO.

A customer survey of the buying habits of the residents of the county was also discussed. It was suggested that businessmen go into the classroom and talk to the work training students to give them further insight as to the possibilities and opportunities in Appomattox.

Those present were: Dr. C. G. O'Brien, Mr. A. R. Harwood, Jr., Mr. T. DeWitt Evans, Mr. Charles T. Moses, Sr.; Mr. W. W. Burke, Mr. John C. Cole, Mr. Ivey Holland, Mr. Richard D. Robinson, Mr. J. A. Burke, Dr. Aubrey Keesee, Mr. Kenneth Christopher, and Mrs. Joan K. Smith. Mr. Ivey Holland was chosen as chairman for the committee, Mr. A. R. Harwood, Jr., vice-chairman and Mrs. Joan K. Smith, recorder.

The Soviet Union has promised Poland 1,000,000 tons of wheat to meet a threatened food shortage.

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Health and Beauty

Skin Can Be Improved

A thick, tough looking skin is one of the greatest detriments to good looks, short of an unsightly skin disease, that there is.

Some people are born with lovely, almost translucent complextions. Others come into the world with thick, greasy looking skin that is a trial to them all their lives. Art can do something to camouflage such unsightliness, but knowledge and determination to improve the condition can sometimes transform the ugly duckling into a very personable and good looking individual.

Skins that look tough and rough as a rule have been neglected. The circulation is sluggish and the pores are not functioning well. Sometimes they are choked with black-heads which give the face a very dirty look. If you run your fingers over the surface it feels rough and bumpy. Sometimes these conditions are brought on by constipation, which means wrong diet. Loaded, stagnating colons where the rotting fecal matter lies until forced out by drastic drugs, keep the intestinal tract constantly inflamed and irritated. Such colons constantly absorb poisons through the surface of the mucous membranes. To improve a skin caused by such condition, the sufferer must cure constipation. A diet consisting almost entirely of starches and meats produces stubborn constpation especially when the starches are composed of white flour, polished rice, or grits, and denatured foods of that kind. They not only fail to furnish nutriment, but they are almost destitute of minerals and vitamins. All animals need abundant roughage in the diet, such as the bran in whole wheat, the fibers of vegetables and the juices of fruits, all of which encourage the bowels to act normally daily, and to carry out the poisons with the fecal matter.

The constant taking of cathartics not only keeps the intestines irritated but liquifies the fecal matter, thus rendering it more absorbable. It is easily taken up by the body and poisons the whole system. As a rule this results in a thick, muddy, unhealthy looking complexion.

Clear up the constipation by proper diet and take a certain amount of exercise daily in the open air. A little healthy sweating will open the pores, enabling them to pour out their stagnating contents and thus clean themselves.

A daily morning bath or shower is very beneficial, especially if the body is briskly rubbed with a bath brush. This is not only very exhilarating, but it starts the blood racing through the lungs where it drops its load of poisons to be breathed out and then takes on its load of life giving oxygen that helps to burn up the impurities.

After the bath, a few setting up exercises and another glass of water (take the first on rising) all help to invigorate the body and carry off poisons. If the diet is correct the bowels will move normally, unless years of disease and bad habits have rendered them too lazy and torpid.

Of course, the thick, ugly skin must also receive local treatment. Scrubbing every morning either with a crash wash cloth or a complexian brush that is not injured by water. The brush is best. Use a mild soap and plenty of it. Rinse all the soap off, and then use plenty of cold water, to tone up the sluggish skin. After the above treatment, massage your face well with a cream, and wipe it off thoroughly. Much dirt will come with it. Lastly, smooth on a thin layer of greaseless lotion. Leave it on a few moments, remove excess with a soft cloth, then put on your make up.

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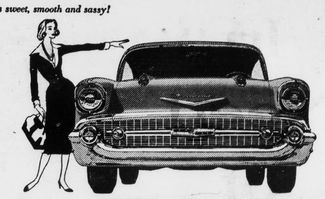

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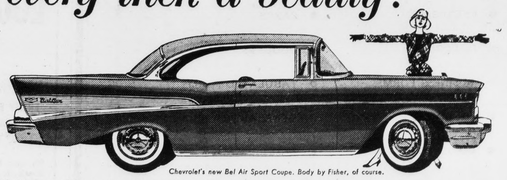

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